

## **BCSD Wellness Meeting 11/14/19**

*Present: Kristen Foote, Brian Wright, Lindsey LaDue, Jessica Volz, Jamie Bodenlos, Daria Bryia, Jen Patrino, Matt Yager*

*Introductions* - Daria - Syracuse University Dietetic Intern working with Brian & Lindsey through December. Jamie Bodenlos is our new parent rep - Psychologist, department chair at Hobart William Smith, experience with obesity, mindfulness, etc. All started with "Mindful Moment" from Kristen Foote - message to yourself as a reminder to be grateful

Presentation of results from staff wellness inquiry - 301 responses, huge response for stress management and sleep information. Most common areas - relieving staff stress, how to help staff help their own students with their stress, increasing sleep quality, fitness during/after work day, nutrition questions. Staff preferred to receive most of the information via PDC days and wellness newsletters. The committee agreed that if we could incorporate some wellness aspect into PDC days, these courses would benefit both staff and students (focused on the classroom, i.e. yoga in the classroom, brain breaks, etc.). These can be powerful tools to help manage stress and provide the best they can for their students. NYS mental health and wellness standards - Kristen did training at BOCES. There is a focus on caregiver wellness and the importance of staff wellness.

Newsletter being created between now and December holiday break. Kristen asked the committee to share info on stress, sleep, time management.

"And now you know" idea - refining videos recorded last year and providing snip-its of short wellness information for students and staff. Ideas include short meditations, yoga, etc.

Our next staff inquiry may be focused on the status of healthy celebrations in the classrooms.

Students sharing wellness information they are learning - examples include gratitude day (appreciation day), newsletter, interviews.

Jess Volz (McNamara) - received many responses re: healthy celebrations. Parents can come into classrooms to celebrate with kids. Other rewards include reading with kids, homework pass, pencil/eraser. "Fun Friday Festivities" - once/month in the morning staff wellness activity

Kristen is interested in Dr. Nanavati's book on "Four Pillars" for staff reading.

Food Service News - American Dairy Council - focus group with students to help find kid friendly recipes, 6 from B'ville (5<sup>th</sup>, 7<sup>th</sup>, 10<sup>th</sup> graders). Elementary school wellness club visits are starting today - making smoothies, provide recipes, surveys, etc. Daria and Lindsey will present to Durgee health classes and Brian will join for 3 PIG/ECON classes to discuss child nutrition programs. Daria and Lindsey presenting Intuitive Eating information to nurses next week. Kitchen renovation coming along, hope to be ready by January.

**NEXT MEETING: Thursday, January 16th at 7am - District Office Large Conference Room**